



# RESEARCH PARTICIPANTS NEEDED

## FOR A COMMUNITY SURVEY ON MENTAL HEALTH & PERSONALITY

Researchers from RMIT University are looking for adult volunteers to participate in a research study examining the relationship between mental health and various personality traits.

### Eligibility Requirements

- You must be at least 18 years of age to participate and have reasonable English proficiency.

### What does the study involve?

- Anonymous responses to an online questionnaire which will take approximately 10-15 minutes to complete. Data collected from this study may be used in subsequent research.
- At the end of the questionnaire you will be asked to complete the same questionnaire again in 3-4 months or to participate in **a weekly series of 6 instructional videos** that will provide training in skills and strategies designed to help with stress and anxiety, negative self-talk, encourage self-awareness and self-reflection, explore meaning and purpose related values and goals and deepen compassion, empathy and connection to others.
- If you are interested in participating, please go to the below address or use the QR code by focussing your phones camera over it. Both ways will take you to the Participant Information and Consent Form and then the beginning of the survey.

<https://tinyurl.com/wdv6lkr>



If you have any further queries, the student researcher Noelene Rose can be contacted via email at [s3703681@student.rmit.edu.au](mailto:s3703681@student.rmit.edu.au). Study supervised by Dr. Alex De Foe, Dr. Sophia Xenos & Dr. James Collett and has received ethics approval.